

# PIERRE<sup>®</sup>

## ECOHEALTH PTY LTD



# WEIGHT MANAGEMENT





Natural Health for Your Family and Pets

## WHO ARE WE? WHAT DO WE DO? HOW DO WE DO IT?

### MISSION The primary purpose of Ecohealth

Ecohealth's mission is to promote natural health for all living beings with natural products through the development and application of logical and pragmatic knowledge, using natural products.

### VISION (The Goal for the Future)

Ecohealth strives to raise customers' consciousness about their personal responsibility for their own and their animals' natural health in a positive and empowering way. Our goal is to cultivate a healthy value system within our business, promoting a dedication to quality education, nutrition, and safe products.

### VALUES Guidelines for the conduct of our company

Our focus is on natural health, and we are committed to offering products and services that promote the well-being of both humans and animals. We strive to ensure that our offerings are not only beneficial but also ethical and uplifting.

Products that naturally and ethically build up human and animal immunity, add value to meaningful health and existence, and are available at affordable prices.

We offer natural products with a rich history spanning almost: **5000 YEARS**



# WHAT IS WEIGHT MANAGEMENT?

**Keeping a healthy weight can be a struggle, with confusing diet advice and intimidating exercise fads only adding to the struggle.**

**Why is it important?** It is more than just losing weight. It's about improving your overall health and reducing your chance of developing a serious, chronic disease. Weight loss or gain is a complex process. Role players in the process must be understood and managed. **Be realistic and aim for slow, modest weight loss or gain.**

**Take charge of your weight and your health.**

# WHAT IS YOUR HEALTHY WEIGHT?

**Body mass index (BMI) is an approximate measure of your best weight for health.** It is calculated by dividing your weight in KG by your height in meters squared (m<sup>2</sup>).

BMI is intended for **adults only**, as children and adolescents are constantly growing.

This makes it difficult to have set values for BMI cut-offs for young people. However, in adults who have stopped growing, an increase in BMI is usually caused by an increase in body fat. Generally speaking, the more body fat you're carrying, the higher your health risk. However, BMI cannot distinguish between body fat and muscle mass.

It's important to remember that body fat isn't the only determinant of overall health. Several other factors can influence your overall health and increase your risk of developing certain medical conditions. These factors include genetics, activity level, smoking, caffeine consumption, alcohol consumption, and mental health conditions. A person's waist circumference is a better predictor of health risk than BMI. The distribution of fat on your body is more important than the amount.

**Being underweight or overweight can cause health problems, especially if you are not active. Stress can also cause negative health effects.**





# BMI Chart

Weight kgs →	45.5	47.7	50.0	52.3	54.5	56.9	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
Height in/cm ↓	Healthy						Overweight						Obese						Extremely Obese					
152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
160.0	17	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	30	31	32	33	34	35	36	37
165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
167.0	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26
	Underweight																							

## BMI Categories:

Underweight = **<18.5**

Normal weight = **18.5–24.9**

Overweight = **25–29.9**

Obesity = **BMI of 30 or greater**

You should measure your waist circumference by placing the tape measure halfway between the bottom of your rib cage and the top of your hip bones. Make sure the tape measure is parallel to the floor. You should exhale when taking a measurement.

## Male (Waist circumference)

- Increased health risk -  $\geq 94\text{cm}$
- High health risk -  $\geq 102\text{cm}$

## Female (Waist circumference)


- Increased health risk -  $\geq 80\text{cm}$
- High health risk -  $\geq 88\text{cm}$

**\*Disclaimer:** This index only gives you a general idea of what your body weight should be. It is a general tool used to determine a healthy body weight. The results vary and need to be checked by a professional physician.

# Eco Healing Tips

**You are the personal caretaker of your body, your biology, and your immune system.**

**1** Avoid constipation at all times. This can develop into chronic and potentially serious health problems.

**2**  You should regularly clean your colon and liver, ideally once a month.

**3** Cut out sugar and starch from your daily diet.

**4** To promote colon health, take probiotics and digestive enzymes into your diet.

**5** Make sure to drink water every day. (2-3 litres)



## Colon Detox

**Repeat the detox process once a month to cleanse the colon and liver.**

USE ON YOUR EMPTY STOMACH.

Drink 2-3 heaping table-spoonsful of Ecohealth Epsom Salt mixed with one cup of lukewarm water.



Powder

Drink 30 Ecohealth Epsom salt capsules, together with a hot cup of tea.



or  
Capsules



Drink 30 ml of olive oil half an hour later to detox the liver.



## Pierre's Liver Detox

1. 3-4 oranges
2. 1 x lemon
3. 1 x lime
4. 5 x small cloves of garlic
5. 1 teaspoon fresh ginger
6. 5 ml Fulvic Acid
7. 1 x Triphala Extract capsule
8. 2 x Spice Mix capsules
9. 5 ml organic apple cider vinegar
10. 150-200 ml clean water
11. 5 x tablespoons of extra virgin olive oil

**2 to 3 glasses per day**



**Drink once a week or more.**

Put everything together in a blender. It's best to leave the skins on the fruits and vegetables to get the most nutrients.

**Stay close to a toilet!**



Epsom salt, Fulvic Acid, Triphala, and Spice Mix are all essential ingredients for detoxification and can be incorporated into your daily routine.

**During the process, drink 2 - 3 liters of water to prevent dehydration and to help with the process.**

**Ecohealth's products are not medicines, but rather natural supplements and nutrition for your body.**



# STUBBORN FAT



## KNOW YOUR ENEMY, KNOW YOUR FAT

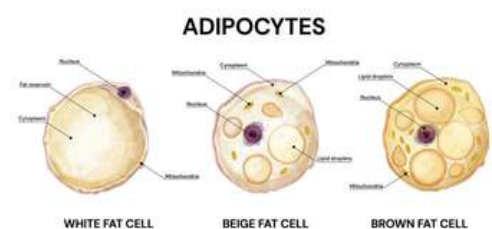
**1. The body store excess energy as fat** which then acts as a warehouse for energy but in reality it is sugar. Ultimately, all things, including protein, turn into sugar.

**2. The danger** occurs when the body finds unknown elements. The body cannot brake down and deposit these elements in the colon from where it normally gets excreted. The body stores these unknown elements in the fat cells.

**3. What is a fat cell?** It consists of atoms and these atoms has an effect on reproduction; releasing hormones; regulate blood pressure; support thyroid functions and store energy.

**4. On microscopic level** these atoms bind with oxygen and this forms carbon dioxide and water, this is ultimately converted to be a fat cell.

**5. What is carbon dioxide?** It is a free radical in search of an atom or something similar to seize and wreak havoc in the body.



**6. If the body knew** that the atoms and molecules that are being stored in the warehouse could cause havoc, it would have broken them down and excreted them... but that is not so simple.

**7. What happens in your body?** Weight gain can occur when your body is unable to expel ingested atoms and molecules, leading to the growth of fat cells. Consider this; If water is added to a cup that is already full, it will spill over. You need another cup.

**8. I eat very little but I still gain weight.** Does this sound familiar? This is the exact reason: You do absolutely nothing to ensure that these atoms and free radicals are disposed of. Your way of life, your eating habits and your medication are all contributing factors.

**To assist your body in discharging the atoms,** you must make use of products that bind and neutralize them, and excrete them either through the lymph nodes, liver, kidneys or perspiration.





# TURN AROUND COMBO

HEALTHY THOUGHTS, HEALTHY EATING HABITS, A HEALTHY LIFESTYLE, AND, OF COURSE, THE IMMUNE SYSTEM ARE OUR FOCUS WITH ALL OUR PRODUCTS.



**Hippie  
Shake**



**Triphala, Collagen,  
Leptin Buster Capsules,**



**Fulvic  
Liquid**

**Or**

**Fulvic  
Caps**



## TURN AROUND COMBO OPTIONS AVAILABLE



**1**

**Fulvic Liquid, No Shake**



**2**

**Fulvic Caps, No Shake**



**3**

**Fulvic Liquid and Shake**



**4**

**Fulvic Caps and Shake**







# TURN AROUND COMBO PLANNER

Products should always be taken after a meal with at least 10 – 20 min intervals in between

## Fulvic Acid Capsules.

Take 2 capsules in the morning and 1 capsule in the afternoon (after your meals).



## Fulvic Acid Liquid.

Mix 15 ml Fulvic acid liquid with 1L of water and drink it during the day to ensure the absorption of minerals and other nutrients in your diet. (After your meals.)

## Triphala Extract

Take 1 capsule once per day (after your meals).



## Collagen

Take 1 capsule twice per day (after your meals).



## Leptin Buster

Take 2 capsules twice a day (after your meals).



## Hippie Shake

Can completely replace two meals  
(30g Hippie Shake) with 200–250ml milk or water.

**Suitable for diabetics,  
No artificial colourants,  
No added sugar**

**DAILY**

Capsules can  
be opened &  
mixed with  
shake or yogurt



Take your daily medication **2 hours  
before or after** you take supplements.





# FULVIC ACID



**That is why fulvic acid:** it brings oxygen to cells and can penetrate every cell on a micro level. Due to its molecular structure, it feeds every cell with all the necessary minerals and trace elements. Most importantly, can bind to free radicals and neutralize them for discharge.

## Product Information

Fulvic acid is a product of decomposition and is formed through geochemical and biological reactions, such as the breakdown of food in a compost heap. It can be extracted from compost, soil, and other substances to be processed into a supplement.

## Product Features

Sugar Free	GE/GMO Free,
No Preservatives	Suitable For Vegan
Lactose Free	Alcohol Free
Gluten Free	Suitable For Vegetarians Dairy Free
	100% Natural Ingredients Soy Free

**PACKED:**  
**Capsules:** 90  
**Spray:** 100 ml  
**Spray:** 250 ml  
**Liquid:** 250 ml  
**Liquid:** 500 ml

## Directions for use:

**Mix 15 ml Fulvic with 1 L water and drink it during the day to ensure the absorption of minerals and other nutrients in your diet.**

**Take 2 capsules in the morning and one in the afternoon.**

## Contains:

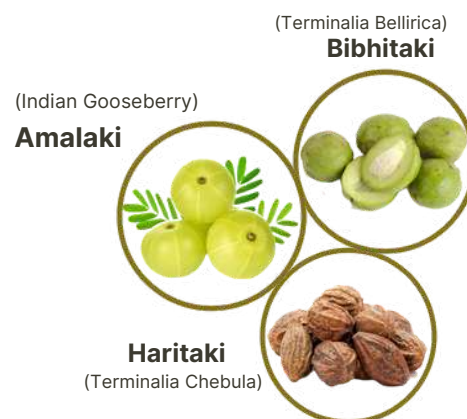
*Iron, Manganese, Calcium, Potassium, Phosphorous, Silica, Magnesium, Sodium and, Zinc. Trace elements include: Gold, Platinum, Silica, Boron, Lithium, and copper.*

**Safety not tested during pregnancy.** Fulvic Acid may cause a reduction in blood pressure. Not tested for side effects. No known symptoms of overdose.





# TRIPHALA



**Triphala is an ancient Ayurvedic herb. It's composed of three dried Indian super fruits that work synergistically together:**

Each one of these herbal preparations has tremendous value on its own. Combined in the form of Triphala, they work as a powerful tool to detoxify the body and help you achieve your ideal weight. Triphala powder has a strong taste, so it may be easier to use it in capsules.

**Amalaki** - More commonly known as Indian gooseberry, amla plays an important role in Ayurvedic medicine. Works as a natural antioxidant and removes excess inflammation from the body. It also helps to increase lean body mass and maintain healthy blood sugar levels.

**Haritaki** - The Terminalia chebula plant is known as "Haritaki" in Ayurveda, where the small, green fruit of the Terminalia chebula tree is used as medicine. It is one of the main components of Triphala supports the body's natural cleansing process by gently removing toxins that accumulate in the colon.

**Bibhitaki** - (Terminalia bellirica) is a large tree that commonly grows in Southeast Asia. It's known as "Bibhitaki" in Ayurvedic medicine, where the fruit of the tree is used as a treatment for common ailments like bacterial and viral infections. Is particularly effective in reducing the accumulation of fat and fluids in the body.

**Directions for use: Take 1 capsule once per day after meals.**

## Not tested for side effects:

The use of Triphala is not recommended for any person using drugs or treating medical conditions associated with anticoagulants or antiplatelet conditions.

**AVOID TRIPHALA WHEN TAKING BLOOD THINNERS**

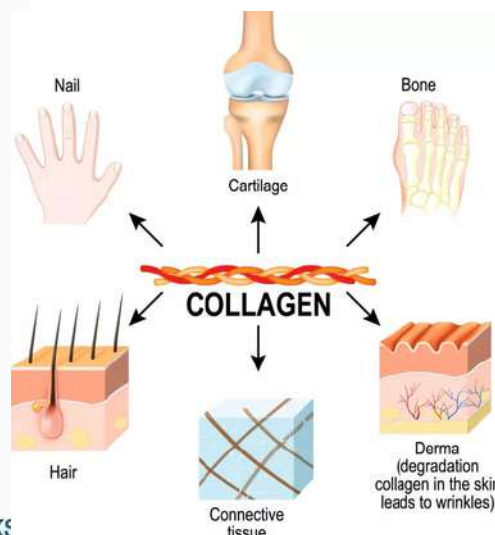


**PACKED:  
Capsules: 30**





# COLLAGEN



**That is why collagen**, which is the glue between cells and tissue, is responsible for promoting rejuvenation and preventing cell aging after detox.

**Product Information:** Collagen is the most abundant protein in your body. It accounts for about 30% of its total protein. Collagen is the primary building block of your body's skin, muscles, bones, tendons, ligaments, and other connective tissues. It's also found in your organs, blood vessels, and intestinal lining.

## Product Features

Pure protein (min. 90%) Contain  
8 of the 9 essential amino acids  
Free from fat and carbohydrates.  
Non- allergenic Neutral in flavor and odor.

## Directions for use:

**Take 1 capsule 2 times  
per day after meals**

## PACKED:

**Capsules: 60**  
**Capsules: 120**  
**Capsules: 180**  
**Powder: 150g**

Collagen may help you lose weight by suppressing appetite and providing fullness. Collagen is one of the most satiating proteins out there, which can help you feel full and eat less at your next meal. Appetite suppression is key to making your weight loss journey a lot easier.

As you age, your body naturally produces less collagen, which is where supplements come in. Collagen supplements are an easy and convenient way to ensure you get enough of this essential protein. So, if you want to improve your skin health, support your joints, or feel better overall, you need collagen.



**SIDE EFFECTS AND SPECIAL PRECAUTIONS:** If you have liver or kidney disease or have been instructed to follow a low-protein diet, consult a relevant health care provider prior to use. May cause mild gastrointestinal disturbances.

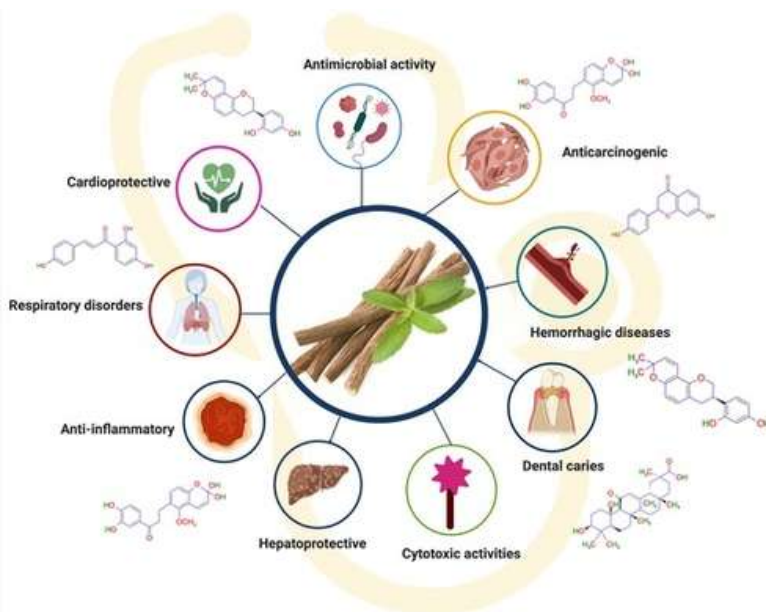




# LEPTIN BUSTER

## Licorice Root

- Licorice Root helps soothe irritation.
- Promotes skin elasticity
- Fights inflammation and wrinkle formation.
- Licorice Root have effectively treated skin disorders such as rosacea, eczema, psoriasis and dermatitis.
- Fades dark spots and blemishes, and lightens skin
- Reverses darkening of scars, which are fibrous skin tissues that remain when an injury hasn't completely healed
- Contains potent antioxidants that fight skin damaging free radicals



**Leptin Buster** inhibits sugar cravings and enhances the production of PPAR-alpha protein production to break down fat. Chronic causes of pain and inflammation (cortisol production due to stress) influence the optimal functioning of the immune system. Weight gain is, in most cases, related to chronic pain and/or low-grade inflammation of sorts. Leptin Buster activates the brain receptors to recognize leptin signals correctly, turns on PPAR-alpha protein production, converts fat to energy, suppresses cortisol (stress or fat hormone production), and stabilizes the thyroid naturally.

Your body is programmed to preserve energy in the form of fat. **Leptin is the “stored energy using”** hormone secreted by fat cells, signaling to the brain the energy needs of the body. Leptin resistance causes the brain not to recognize the signals to convert stored fat into energy (leptin is actually the stored energy using hormone), which consumes stored fat and energy in the body. It is important for the brain to receive the correct information.

Deglycyrrhizinated Liquorice (DGL), Withania Somnifera Extract, Ginger, Turmeric, Buchu, Black Pepper, Fulvic Acid Powder.

Licorice root is effective in reducing body weight and overall fat deposition, making it effective in the treatment of obesity.

**Directions for use: Take 1 capsule 2 times per day after meals.**

**PACKED:  
Capsules: 120**



**SIDE EFFECTS AND SPECIAL PRECAUTIONS:** Safety not tested during pregnancy. Keep out of reach of children and uninformed people. Not tested for side effects.



# HIPPIE SHAKE

## Ingredients

Skimmed milk powder  
Collagen  
Soluble Fibre  
Whey protein Concentrate  
Corn Syrup solids  
Flavourants  
Colostrum  
MCT oil  
Stabilizers Salt  
Vitamins and Minerals

## Nutritional info per 30 g

Energy (KJ)	426.08
Carbs(g)	12.82
Total sugar (g)	0.53
Lactose	8.87
Protein	11.67
Fat	0.57
Saturated Fat	0.32
Dietary fiber	1.94

\*allergens : Milk

**Boost your health with this delicious shake. It contains an extensive list of vitamins and minerals essential to your body.**

Suitable for the whole family and ideal for kids who don't like eating healthy food. Elderly people who need additional nutrition will also benefit. You can use this shake as part of a calorie restricted diet or as a daily supplement.

**Suitable for diabetics,  
No artificial colourants,  
No added sugar**

## Hippie Shake:

Can completely replace  
two meals per day.  
(30g) Hippie Shake with  
200–250 ml of milk or water

## PACKED:

**Sample: 60g**

**Lactose Free: 900g**

**Hippie Shake: 900g**



BLOG



## With Colostrum & Collagen

**Chocolate,  
Vanilla &  
Strawberry**





**Not Included with  
Turn Around Combo**



# PROBIOTICS & COLOSTRUM

**RECOMMEND ADD ON PRODUCTS WITH TURN AROUND COMBO**

## PROBIOTICS

That is why our range of probiotics, which can break down the food you ingest and successfully release the nutrients for absorption.



### Top 10 Probiotics Benefits



## COLOSTRUM

**Bovine colostrum is high in nutrients and antibodies.**



Therefore, **colostrum** ensures an entire range of known nutrients by the body, stimulates stem cells, promotes cell regrowth, and maximally nourishes every one of the body's cells.

